



## **Mediterranean Express: Rivas & Railroads**

7 days, Rome to Barcelona

Trip code EIME

### **What's included**

- Your G for Good Moment: Mescladis Cooking Class, Barcelona
- Your Welcome Moment: Meet Your CEO and Group

- Your First Night Out Moment: Connect With New Friends
- Your Big Night Out Moment: Barcelona
- Visit the Leaning Tower of Pisa
- Cinque Terre park fee, unlimited train ticket and CEO-led hike
- Visit to Monaco
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing February 20th, 2026 and onwards

# Itinerary



## Itinerary Notes

**COMBO TRIP:** Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together, prior to Day 1 of your tour. Likewise, some staff and travellers may be continuing together on another G Adventures tour, after your trip concludes.

**ACCOMMODATION:** Please note most of our 18-to-Thirtysomethings accommodation in Europe is multi-share. For more info, see the "About Accommodation" section under "Tour Details".

**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## Rome

Arrive at any time.

“On an evening in Roma...” Venture out to a bar or pub with your CEO and fellow travellers for drinks and conversation. As you explore the winding cobblestone streets and sidewalks of The Eternal City, prepare for the endless excitement about to unfold on the rest of your journey.

We highly recommend arriving a day or two earlier to experience all that this amazing city has to offer.

Please note that if Vatican City is on your must-see list, we highly recommend purchasing your tickets online several weeks prior to your trip. Same-day entrance to St. Peter's Basilica and the Vatican Museums (including the Sistine Chapel) cannot be guaranteed without advance tickets.



### Accommodation

Roma Scout Center (or similar)

Hostel



### Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

ACTIVITY

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.



### Optional Activities - Day 1

Trevi Fountain

Rome

Free

Built above an ancient water source, Trevi Fountain takes its name from the three streets (tre vie) that intersect at this world-famous fountain. Sculpted from travertine stone, the fountain as we know it today was completed in the 18th century. Work your way through the crowds to toss a coin in (with your right hand, over your left shoulder) for good luck - it's also your best chance to see the fountain's marvelous detail.

Trastevere Visit

Rome

2h-4h

Cross the Tiber river to reach the quaint medieval neighbourhood of Trastevere. This is a great opportunity to escape the crowds and get a glimpse into local life.

Roman Forum Visit

Rome

24EUR

1h-2h

Even with the bustle of modern day Rome whizzing past on Vespas, you can still lose yourself in the fragmented columns and ancient ruins of this plaza, conjuring images of the rich Romans sauntering by in togas. Please note, this must be booked in combination with the Colosseum Visit and will include a visit to Palatine Hill.

Vatican City Visit

Vatican City

Free

1h-2h

Get ready to tick something off the bucket list. Visit the smallest country in the world—Vatican City! Stand in St Peter's Square and be wowed by colossal colonnades, numerous statues, and the obelisk. Opt to take in the magnificence of St Peter's Basilica, Michelangelo's Pietá, and the Sistine Chapel while you are in the area.

Pantheon Visit

Rome

2-5EUR

The Pantheon is one of the most famous buildings in Rome. Originally built during the reign of Augustus (27 BC - 14 AD), the building was rebuilt under Hadrian in 126 AD. The roof is still the world's largest unreinforced concrete dome, and it contains a circular opening (an oculus). It is easily one of the best-preserved of all the ancient Roman buildings.

Vatican Museum Visit

Vatican City

20-25EUR

3h-4h

The Vatican Museums near St Peter's Basilica contain priceless works of art from ancient to modern times. There are many different museums to choose from, but two of the most well known are the Sistine Chapel and the Raphael rooms.

Borghese Gallery

Rome

25EUR

1h-2h

Take a visit to the beautiful Borghese Gallery villa to indulge in a rich collection of ancient sculptures, relics, mosaics, and paintings. Pieces from Renaissance masters such as Bellini, Raphael, Bernini can be found here.

Christian Catacombs

Rome

8EUR

30m-1h

Follow a guide through this ancient underground cemetery.

Sistine Chapel

Vatican City

20-25EUR

1h-2h

Although the Sistine Chapel is always very crowded, it is a must-see for any visitor to the Vatican. The magnificent frescoed ceiling of the chapel painted by Michelangelo depicts over 300 figures from the Book of Genesis, the most well-known being “The Creation of Adam,” showing God touching the finger of Adam. “The Last Judgment” on the west wall depicts a scene from the Book of Revelations. Art aficionados, get ready to cross one of your list!

Spanish Steps

Rome

Free

Built to connect the hilltop Trinità dei Monti church with the Piazza di Spagna (or Spanish Square) below, the Spanish Steps are a colourful example of Baroque architecture from 18th century Rome. Opt to climb its 136 steps, or simply watch the crowds weave through this popular tourist attraction.

Colosseum Visit

Rome

24EUR

Enjoy a guided tour of this famous spot, the scene of many bloody gladiator fights for the entertainment of ancient Rome's aristocracy. Learn from your expert guide and you wander the old venue—a UNESCO World Heritage site—and feel free to walk around on your own. No battles, please!

Day 2

## Rome/Pisa

Arrive in Pisa, join your CEO for an orientation walk and spend your free time in this beautiful city. Choose to check out the famous Leaning Tower.

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### Accommodation

Vele Storiche Pisane (or similar)

Hotel

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### Today's Activities

Train

Rome - Pisa

3h

Climb aboard, take a seat, and enjoy the ride.

Pisa Visit

Pisa

Visit Pisa and feast your eyes on the famous tower that leans at an angle of approximately four degrees due to an error made during construction—but don't worry, it's been stabilized since then. It's a fascinating sight and definitely photo-worthy. Get creative!

Free Time

Pisa

Enjoy time to explore on your own in Pisa.

Day 3

## Pisa

Jump on the train and explore the spectacular coastal path between Riomaggiore and Monterosso. Visit charming, colourful towns along the way with an included national park pass and unlimited train ticket. This allows you to discover the region's allure at your own pace.

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### Accommodation

Vele Storiche Pisane (or similar)

Hotel

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### Today's Activities

National Park Pass and Unlimited Train Ticket

Cinque Terre

Use the included Cinque Terre National Park pass and unlimited train ticket to explore this stunning stretch of coastline by train. Travel easily between the five villages, taking in breathtaking views, colorful cliffside towns, and the sparkling Ligurian Sea along the way.

Day 4

## Pisa/Nice

Continue to the French Riviera and enjoy a free afternoon in Nice. Opt to go for a hike along the coast, or take a day trip to nearby beaches and villages.



### Accommodation

Villa Saint Exupery Beach (or similar)

Hostel



### Today's Activities

Train

Pisa - Genoa

2h30m-2h27m

Climb aboard, take a seat, and enjoy the ride.

Local Bus

Genoa - Nice

3h30m

Enjoy a ride on a local bus from Genoa to Nice. This ride includes a border crossing between Italy and France.

Free Time

Nice

Get out and explore the beautiful French Riviera.



### Optional Activities - Day 4

Promenade des Anglais

Nice

Free

Walk along the Promenade des Anglais and take in the view of the glistening Mediterranean Sea.

Vieux Nice Visit

Nice

Free

Wander Vieux Nice, or the Old Quarter, with its cobblestone streets and narrow alleyways. This is the best area to shop, eat, and people watch. Wander the market to witness daily life on the charming Riviera.

Cathedral of Sainte Reparate

Nice

Free

30m-1h

Take a visit to Nice's oldest, and most ornate church.

Day trip to St Paul de Vence

Nice

3EUR

Hop on a local bus (€1.50 each way) and take a day trip to St. Paul de Vence, a beautiful hilltop town with medieval walls, cobblestone streets and panoramic views of the French countryside. Stroll through the market square and discover what drew artists like Marc Chagall and James Baldwin to this quiet, peaceful refuge.

Museum of Modern & Contemporary Art

Nice

10EUR

1h-3h

Get acquainted with modern art at Nice's Museum of Modern and Contemporary Art, opened in 1990. Immerse yourself in Yves Klein's "blue" world at a permanent exhibit dedicated to this master of new realism. Wander the galleries to view an eclectic mix of pop art and sculptures, then head up to the museum's rooftop terrace for a stunning panorama of this city on the French Riviera.

Matisse Museum

Nice

10EUR

1h-3h

Head out of the city centre to the picturesque neighbourhood of Cimiez, where visitors can explore the life and works of French master Henri Matisse. Find paintings, sketches, and sculptures in the main building, a restored 17th-century villa in an olive grove. Stop by the park across the museum to visit the artist's final resting place at the Notre Dame de Cimiez cemetery.

Day 5

## Monaco Day Trip

Take a day trip by train to nearby Monaco. Get your bearings with your CEO and set off on foot to explore the world's second-smallest country (only the Vatican is smaller). What it may lack in size it more than makes up for in style.

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### Accommodation

Villa Saint Exupery Beach (or similar)

Hostel

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### Today's Activities

Train

Nice - Monaco

30m

Climb aboard, take a seat, and enjoy the ride.

Train

Monaco - Nice

30m

Climb aboard, take a seat, and enjoy the ride.

Free Time

Monaco

Enjoy free time to explore the Principality of Monaco.

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### Optional Activities - Day 5

Vieux Nice Visit

Nice

Free

Wander Vieux Nice, or the Old Quarter, with its cobblestone streets and narrow alleyways. This is the best area to shop, eat, and people watch. Wander the market to witness daily life on the charming Riviera.

Promenade des Anglais

Nice

Free

Walk along the Promenade des Anglais and take in the view of the glistening Mediterranean Sea.

Day 6

## Nice/Barcelona

Travel by private vehicle from Nice to Marseilles before taking the train to Barcelona. Join your CEO on an orientation walk of your surroundings before participating in a G Adventures supported tapas cooking class served and prepared by migrant students. Afterward, enjoy a Big Night Out on the town.

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### Accommodation

Generator Barcelona (or similar)

Hostel

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### Today's Activities

Private Vehicle

Nice - Marseille

2h15m

Settle in and scan the scenery from the convenience of a private vehicle.

Train

Marseille - Barcelona

4h30m

Climb aboard, take a seat, and enjoy the ride.

#### ACTIVITY

Espai Mescladis, Catalan for "Mixed Space" is a migrant training kitchen and cafe in the heart of Barcelona that features a unique feel that fuses old Catalan favourites and migrants' home recipes. Enjoy a tapas cooking class led by one of the trainees, accompanied by a discussion that promotes social reflection - with the kitchen and food at the centre of it all.

#### ACTIVITY

Whether it's a pub crawl, drink specials or a bonfire on the beach, celebrate late into the night with your new best friends.

Day 7

## Barcelona

Depart at any time.

We recommend staying an extra day or two to fully experience all this lively city has to offer.

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### Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.



## Optional Activities - Day 7

La Sagrada Família Visit

Barcelona

17-37EUR

1h-2h

Visit Gaudí's most famous life work, the cathedral of La Sagrada Família, an inspiring, yet, bizarre testament to the artist's unique vision.

Gothic Quarter Visit

Barcelona

Free

2h-3h

Uncover a different side of Barcelona. Visit the old Gothic Quarter with its maze of dark streets, historic cathedral, medieval buildings, bars, and cafés.

Casa Batlló

Barcelona

25-30EUR

30m-45m

Deemed the crowning architectural work of Antoni Gaudí, Casa Batlló is a must-visit on anyone's trip to Barcelona.

La Barceloneta Visit

Barcelona

Free

30m-1h

Take a stroll on the boardwalk in the neighbourhood of La Barceloneta, an area known for its beaches and waterfront walkway. Visit local restaurants and nightclubs or check out the monuments while there.

Parque Güell Visit

Barcelona

10EUR

2h-2h30m

Get away from it all with a visit to the imaginative Parque Guell. The fantastical works of Antoni Gaudí (1852-1926) are scattered throughout Barcelona, a grouping of these including Parque Guell, Casa Mila, and the Crypt of La Sagrada Família were established as a UNESCO World Heritage Site in 1984. Stroll the tree-lined paths and admire Gaudí's creative genius at play.

## What's included

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- Visit the Leaning Tower of Pisa

- Cinque Terre park fee, unlimited train ticket and CEO-led hike
- All transport between destinations and to/from included activities
- Visit to Monaco

## What are the main highlights of this trip?

Walk the coastal Cinque Terre trails, brush shoulders with the rich and famous in Monaco, soak up some rays on the French Riviera, pose with the famous Leaning Tower of Pisa

## Itinerary Notes

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ACCOMMODATION: Please note most of our 18-to-Thirtysomethings accommodation in Europe is multi-share. For more info, see the "About Accommodation" section under "Tour Details".

## What are the main highlights of this trip?

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## Is there a disclaimer I should read before booking this trip?

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VERY IMPORTANT: Please ensure that you view a final copy of your Trip Details a couple of days prior to travel, in case there have been changes that affect your plans.

## **Is there a travel disclaimer for my itinerary I should review before booking this trip?**

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## **Are there Itinerary notes?**

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## **What important notes should I be aware of before the trip?**

1. It is important to note that in Europe, all guiding is based around local guides, all of whom are licensed to work only in a particular city. As such, our leaders are able to provide orientation walks which will show you the layout of each town and city as well as the location of local services such as post offices and laundromats, but are unable to legally share historical facts and figures in public places.

2. In Europe it is very rare to find elevators in train stations, hotels or other public places. We use public transport on this trip, which means you will need to carry your luggage from platform to platform, in and out of trains and buses etc. and also possibly up several flights of stairs. You will also need to be able to stow your luggage safely on trains and buses. It is therefore essential that you pack light and bring luggage which is compact and lightweight, and which you can easily transport. The carrying of your luggage remains your responsibility at all times.

3. This trip has a fast-paced itinerary with some long transport days - please check the itinerary carefully before deciding if this trip suits your needs.

4. Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

### **5. OPTIONAL ACTIVITIES NOTE:**

During high season in Europe (May-October) we highly recommend booking reservations for any popular optional activities/museum tickets etc. in advance to avoid encountering sold-out activities on the ground while on tour.

## What is the role of the group leader during this trip?

This G Adventures group trip is accompanied by one of our CEOs (Chief Experience Officer). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects.

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## How large will the group be?

Max 16, avg 14.

## What meals are included in this trip?

No meals included

## What are the meals like on this trip?

Eating is a big part of traveling. G Adventures understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. A typical breakfast may include toast, coffee and tea, however this may vary depending on the city. Should breakfast not be included, your CEO can suggest some local options.

Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. While trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients.

For all trips please refer to the meals included and budget information for included meals and meal budgets.

## What are the modes of transportation on my trip?

Train, bus, private vehicle, walking.

## **What transportation will we take on this trip?**

On this trip we will use local buses and trains for intercity transport and a mix of metro (subway), local bus, taxis and walking for transport between hotels and bus/train stations. Please be prepared to carry your own bags short distances (20-30 mins max) between hotels and transport, as well as to lift your bags on and off buses and trains. Please note that there is often limited luggage storage space on public transport.

18-to-Thirtysomethings TRIP TRANSPORT:

As we rely heavily on public transportation during this trip, we ask you to be flexible for possible changes in the modes of transport and schedules, which may necessitate small itinerary changes.

Please note that the accommodation on overnight buses and trains varies in Europe. Overnight buses typically have airline-style reclining seats. On some overnight trains, tickets are for airline-style seats whereas other overnight journeys are in multi-share sleeper compartments. Please see day-to-day itinerary for specific information about accommodation type for overnight journeys.

## **Are local flights included in the cost of the trip?**

Please be advised that any flights noted on the G Adventures Itinerary for this tour are included in the tour services provided. Flight tickets are provided by G Adventures during the tour. The date for this service will match the day of the itinerary, for which Day 1 is equal to the start date noted on the Invoice under Land Services: Tour. If flight information is required in advance for visa purposes, please contact G Adventures.

## **Is there an extra cost for travelling solo?**

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

## **Where will we stay during the trip?**

Hostels (6 nts, multi-share with 2-6 people).

## **What kind of accommodation can I expect on this trip?**

The variety and local flavour of our accommodation is a favourite part of our European 18-to-Thirtysomethings trips. Although the properties we use are simply furnished and with few facilities, we base our choices on location, character and cleanliness. We will stay in a mixture of hotels, some hostels, and private rooms in local households.

All accommodation on this tour will be multi-share. This may involve 4-6 group members sharing and even (on rare occasions) dormitory-style rooms for the whole group. The majority of accommodation will have shared bathroom facilities.

Where we use multi-share hostels, rooming requests of any kind cannot be taken.

Note that most accommodation in Europe does not have air conditioning units in rooms. Air conditioning is not routinely installed in European homes and workplaces. However, nearly all hotels will provide a standing or desk fan for your room on hot nights. If you do not already have one in your room, please ask your CEO to organize one for you with reception. For private accommodation please see tours in our Classic Travel Style.

## What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

From Rome airport (FCO), you can reach the city centre in a few ways. You can take the train (The Leonardo Express) to central Rome's Termini station. Alternatively, you can take the shuttle bus from the airport to Rome Termini station. Look for the Terravision stand at the arrival terminal.

To arrange an arrival or departure transfer, we recommend you book through our preferred transfer provider - [Welcome Pickups](#)

We advise that you book both your arrival and departure transfers in advance. Please make sure you have the following details before booking:

- Flight number
- Flight Arrival Time and Date
- Flight Departure Time and Date
- Passenger's Name
- Number of Passengers
- Email
- Valid Mobile Telephone Number
- Drop off and/or Pick Up Address

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO. If you are unable to get in touch with your leader, please refer to our emergency contact details.

## Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### EMERGENCY CONTACT NUMBERS

G Adventures Office - London, United Kingdom

During office hours (Weekdays, 9am-5:30pm Local Time)

+44 20 7243 9870

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, from calls within North America only: 1 888 800 4100

Calls from within UK: 0344 272 0000

Calls from within Germany: 0800 365 1000

Calls from within Australia: 1 300 796 618

Calls from within New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

For absolute emergencies after office hours please contact: +441858378000

If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, and your call will be returned as soon as possible.

## Are there any additional packing suggestions I should consider?

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage. You must be prepared to carry your luggage up and down stairs, on and off transportation, and to hotels (max 15-20 mins.)

# What should be on my packing list?

## Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

## Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

## Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

**Health & Safety:**

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

**Warm Weather:**

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

**When can I do my laundry on this trip?**

Laundry facilities are offered by some of our accommdation for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap. Your CEO can also show you where the you can get your laundry done.

## What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

For other nationalities, travelling in Europe has been simplified with the introduction of the Schengen visa. As a visitor to the Schengen area (Austria, Germany, Netherlands, Belgium, Greece, Norway, Denmark, Iceland, Portugal, Finland, Italy, Spain, France, Luxembourg, Sweden, Czech Republic, Hungary, Estonia, Latvia, Lithuania, Malta, Poland, Slovakia, Slovenia and Switzerland) you will enjoy the many advantages of this unified visa system. Generally speaking with a Schengen visa, you may enter one Schengen country and travel freely throughout the Schengen region during the validity of your visa. There are limited border controls at Schengen borders, if any at all.

Please note that the UK and Ireland are NOT part of the Schengen agreement.

A Schengen visa is applied for at the Embassy or Consulate of the Schengen country in which you will be spending the most nights on your trip to the Schengen space. If you are only visiting one country on your trip then you apply for your visa at the Consulate of this Schengen country.

As of 2025, various European countries are introducing ETIAS travel authorisation as an entry requirement for visa-exempt nationals.

We highly recommend you checking in advance how your nationality and country/s you are visiting may be affected. Further details can be found [here](#)

Last updated: January 27th 2025

## What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## **What should I know about currency, credit cards, and exchanging money while on this tour?**

Credit cards and debit cards are very useful for cash advances but you must remember to bring your PIN number (be aware that many ATM machines only accept 4-digit PINs). Both Cirrus and Plus system cards are the most widely accepted debit cards. Visa cards are the most widely accepted credit cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work - check with your bank. You should be aware when purchasing products or services on a credit card, that a fee usually applies.

Do not rely on credit or debit cards as your only source of money. A combination of Euros and cards is best.

Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

## **How much emergency money should I bring on this trip?**

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## **Should I be tipping on my trip?**

While conventions can vary from country to country, tipping is customary in Europe. A general rule is 10% of the bill for wait staff, and a smaller amount (€1 or €2) for other service providers.

Tipping is an expected - though not compulsory - component of your tour program, and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from €6-8 per day, depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

At the end of each trip, if you felt your G Adventures CEO did an outstanding job, tipping is expected and appreciated. The precise amount is a personal preference, however €42-€56 per person, per week can be used as a guideline.

## What activities are optional on this trip?

### Rome

- Trevi Fountain (Free)
- Trastevere Visit
- Roman Forum Visit (24EUR per person)
- Pantheon Visit (2-5EUR per person)
- Borghese Gallery (25EUR per person)
- Christian Catacombs (8EUR per person)
- Spanish Steps (Free)
- Colosseum Visit (24EUR per person)

### Vatican City

- Vatican City Visit (Free)
- Vatican Museum Visit (20-25EUR per person)
- Sistine Chapel (20-25EUR per person)

### Nice

- Promenade des Anglais (Free)
- Vieux Nice Visit (Free)
- Cathedral of Sainte Reparate (Free)
- Day trip to St Paul de Vence (3EUR per person)
- Museum of Modern & Contemporary Art (10EUR per person)
- Matisse Museum (10EUR per person)

### Barcelona

- La Sagrada Família Visit (17-37EUR per person)
- Gothic Quarter Visit (Free)
- Casa Batlló (25-30EUR per person)
- La Barceloneta Visit (Free)
- Parque Güell Visit (10EUR per person)

## Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings in this dossier for trip specific information. For travellers over 70 years a completed Medical Form is required. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/ or the rest of the group.

## What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

## What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

## Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## How should I dress to respect local customs during the tour?

In Italy, shoulders should be covered while visiting churches and cathedrals. Ask your CEO for more specific advice.

## How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)\*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

## Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## How old must I be to join this trip?

Minimum age of 18 years for this trip.

## **Are international flights included in this trip?**

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## **What should LGBTQ+ travellers know about safety and travel considerations on this trip?**

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

## Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.